Menstrual Abnormalities and Their Management through Life Style Modification; an Ayurveda and Modern Review

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Abstract:
Menstrual abnormalities are very common health issues related with women of reproductive age groups. The current scenario of stressful life style enhances incidences of such cases which ultimately leads many complications including infertility. Menorrhagia, Amenorrhea, Hypomenorrhoea, Oligomenorrhoea and Dysmenorrhoea, etc. are some common disorders related to menstrual disturbances. Hormonal imbalances, malnutrition, disturbed dietary and living pattern, hereditary, injury and environmental factors can leads to pathogenesis of such disorders. Ayurveda described various approaches for the management of menstrual problems and conductions of good life style are one of them. Considering this present article described various aspects related to menstrual disorders and their management through life style modification.

Keywords: Ayurveda, Menstrual Disorders, Amenorrhea, Hypomenorrhoea, Oligomenorrhoea.

Introduction
Ayurveda the traditional system of Indian heritage provides various therapies and principles for the management of good health status. Ayurveda described various types of diseases including distinguished pathological conditions related to male or female. In this regard disease of menstrual disorders and their management also presented in various ayurveda texts. The disease of menstrual system belongs from female of reproductive age groups. Amenorrhea, Hypomenorrhoea, Oligomenorrhoea and Dysmenorrhoea, etc. are some disorders related to the menstrual system. The pathological conditions mainly involve vitiation of Rasa Dhatu, Vata Dosha, Rasavaha Srotas and Artava Upadhatu. The menstrual disorders can be corrected up-to some extent through good conduction of life style. Present article summarizes some aspects related to the menstrual disorders and their management through disciplinary daily regimen.

Menorrhagia
Menorrhagia (Asrigdara) is gynecological problem which involves excessive bleeding, as per ayurveda the term Asrigdara is not disease but symptoms of many diseases. The characteristics manifestations of diseases are Raktayoni, Rudhirakashara, Apraja and Putraghni, etc. the disease mainly occurs due to the Vata and Pitta dosha vitiates, Acharya Charaka described four types of Asrigdara i.e. Vataja, Kaphaja, Pittaja and Sannipataja. Pathologically in this disease etiological factors aggravate Vata which further vitiates Pitta Dosha and Dhatu, finally Apatya-marga leads Rakta-pradara.

Causes:
- Excessive intake of Lavana, Amla, Dahi, Krisara, Guru and Snigdha Ahara
- Pittavrita Apana Vayu
- Ativridhi of Rakta
- Atimargagamana, Abhighata and Atikarshana
- Garbhaprapata
**Lakshana**
- Vaginal bleeding in menstrual period.
- Pain in pelvic and groin region.
- Weakness and anorexia
- Discomfort and burning sensation.

**Amenorrhea**
Amenorrhea means absence of menstruation. Amenorrhea is pathological condition of menstrual cycle which termed as *Anartava* in Ayurveda and can be considered as major cause of infertility. Absence of menstrual cycle is main characteristic feature of *Anartava*. *Vata* vitiation, hormonal disturbances and genetic predispositions are considered as major causes of disease.

The amenorrhea are two types primary and secondary amenorrhea, primary amenorrhea means absence of cycle after 18 years of age may be due to the pituitary gland tumor, disturbed endocrine functioning, ovary syndrome and hormonal imbalances, etc. The secondary amenorrhea means lack of monthly cycle for atleast three months when there is previous history of normal menstrual cycle. Estrogen imbalances, weight loss, stress, pituitary and thyroid disturbances and genetic factors can lead secondary amenorrhea. The general pathogenesis of disease depicted in Figure 1.

**Dysmenorrhea**
Dysmenorrhea is another common problem related with menstrual disturbances characterizes as discomfort, pain, anxiety and hampered quality of life. Ayurveda mentioned *Dhatu Kshaya, Vata Margavrodha, Kshobha* in *Garbhashya, Akunchana* of *Garbhahsaya* and vitiation of *Vayu* as major accompanying factors of Dysmenorrhea. Primary dysmenorrhoae means pain during menstruation time which does not imparts any serious consequences. Secondary dysmenorrhoae considered as severe stage which involves uterine cramps, severe pain and significant discomfort related to the menstrual Discharge. On the basis of involvement of genital parts dysmenorrhoae can be categorized into four types; *congestive dysmenorrhea, membranous dysmenorrhea, spasmodic dysmenorrhea and psychogenic dysmenorrhea.*

**Sampraptighataka of Dysmenorrhea**
- **Dhatu:** Rasa, Rakta
- **Dosha:** Vata & Pitta Ranjaka
- **Srotasa:** Artavavaha Srotasa
- **Upadhatu:** Artava

![Figure 1: Pathogenesis of amenorrhea](image-url)
Management of Menstrual Disorders through Life Style Modification

- Exercising helps to maintain circulatory process thus enhances flow of menstrual fluid and provide relief in menstrual blockage.
- Stress and restlessness can affects hormonal balances therefore one should remain free from stress to avoid psychological precipitation of menstrual problems.
- Healthy diet rich in nutritious ingredients boost Dhatus and maintain Bala thus imparts normal physiological responses.
- Late night awakening and consumption junk foods must be avoided to prevent vitiation of Doshas which can cause menstrual problems.
- Optimum physical activities, regular walk and balance diet maintain weight and prevent chances of pathological conditions like oligomenorrhea.
- Alcohol consumption and smoking may affects regulatory process of body thus must be avoided.
- Fresh fruits like plums, grapes, pomegranates and apples, etc. provide nutrition to the body thus helps to maintain formation and flow of menstrual fluid.
- Yoga and meditation calm stress and boost mental strength thus helps to prevent psychological disturbances or social isolation related to the menstrual disorders.
- Shodhana therapy detoxify accumulated Doshas, prevent blockage of channels and relaxes whole body thus offers beneficial effects in menstrual disorders.

Pathya
- Restlessness, stress and grief.
- Excessive sexual intercourse in early age.
- Use of hormonal drugs and contraceptive pills without physician advice.

Conclusion
Menstrual abnormalities are common health problems of women of reproductive age group Amenorrhea, Hypomenorrhoea, Menorrhagia, Dysmenorrhea and Oligomenorrhoea, etc. are common disorders of menstrual disturbances. Hormonal imbalances, awful dietary pattern, genetic, trauma and malnutrition, etc. can cause menstrual disturbances. Ayurveda suggested that conductions of good life style especially balanced dietary and living regimen can helps in the management of menstrual problems.

References
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